Protect against falls

By SHIRLEY W. WALTON
Extension Agent

Falls in the home and homeyard rank high as a cause of accidental death and disability. I would like to share some ways to help you stay on your feet.

1. Choose the proper foot wear for walking surfaces and or activity.

2. Remove snow and ice from walks and steps or spread de-icers or sand. Walk with care on uncleaned surfaces.

3. Use the handrails going up and down steps. Erect handrails if any stairway or steps lack them.

4. Turn on lights when needed. Good outdoor illumination too, so that people can find their way in and out at night without trouble.

5. Watch for tripping hazards. Pick up and put things away.

6. Be cautious when carrying bulky items. Don't carry more than you can see over at a time.

7. Use a sturdy step stool or step ladder instead of chairs or other make-shifts. Do not lean or overeach.

8. Avoid unnecessary haste. My grandmother always said, "Haste makes waste." The old chiche' is true today.

9. Wipe up spills immediately. Have family membes take off wet or muddy foot wear upon entering the house.

10. After sleeping or sitting, get up slowly and be sure of your balance. See that nothing is under your feet like shoes, pets, etc., before walking.

11. Be careful when repairing, painting, or maintaining your home. A special danger exists when clearing roofs of heavy snow, one can easily slip or suffer fatigue or even heart attack from overexertion in the cold and then fall off.

12. Be extra cautious clearing snow from walks and drives. Again, overexertion can cause health problems.

Homemakers, Happy New Year to each of you. I wish for you a good 1981 filled with good health and happiness. Be extra cautious when we are experiencing weather conditions of ice and snow.

If you have a homemaking question or problem you may call 352-8244, or write P. O. Box 488, Appomattox, Virginia 24522.

Good news for homemakers

Have a good week !

RECIPE OF THE WEEK
Impossible Turkey Pie

2 c. cut-up cooked turkey or chicken
1 4½ oz. jar sliced mushrooms, drained
½ c. sliced green onions
½ t. salt
1c. shredded natural Swiss cheese (4 oz.)
1½ c. milk
¾ c. biscuit baking mix
3 eggs

Heat oven to 400°. Lightly grease 10 inch pie plate. Sprinkle turkey, mushrooms, onions, salt, and cheese in pie plate. Beat remaining ingredients until smooth, 15 seconds in blender on high spped or 1 minute with hand beater. Pour into pie plate. Bake until golden brown and knife inserted half-way between center and edge comes out clean, 30 to 35 minutes. Let stand 5 minutes before cutting. Serves 6 to 8.

'Hearts' to meet

The Young Hearts Club will meet at Liberty Baptist Church at 10:30 a.m. on Wednesday, Jan. 28.

The meeting day has been changed to Wednesday for this meeting, at which new officers will be elected.

Let's have a good crowd. In case of ice or snow, the meeting will be postponed.

Toga sets dance

There will be a dance at the Toga Fire Department building on Saturday night, Jan. 31, from 9 p.m. to midnight.

Admission is $5 per couple.

Music for the dance will be provided by the "Touch of Gold."

LOOKS GOOD ENOUGH TO EAT! You can eat it too . . . the house, designed and completed by Nancy Cole of Appomattox is made of Rice-Krispies. It has a pretzel fence, a cookie roof, a Puffed Wheat walk, Hershey Kisses and M & M's add a bit of decoration. It is held together with icing. Standing on the lawn is a snowman made of marshmallows. Nancy, 12, the daughter of Norma and Dennis Vance is a student at the Appomattox Middle School. This isn't Nancy's first 'edible' house, last year she made a gingerbread house. In addition to making houses, Nancy enjoys her work in 4-H, cooking and skating.

Baptists slate study

Southern Baptists are planning their annual January Bible Study Course using the book, **Philippians, Rejoice In The Lord.**

The Rev. David A. Garrett of Evergreen will be teaching the study course on WTTX AM radio each day from 2:00 until 2:15 in the afternoon beginning on January 19 and continuing through January 23.

Individuals interested in participating in the course for credit may receive the book by sending $3.00 to cover cost of postage and handling to Rev. David A. Garrett, Box 544, Route 1, Appomattox, Va.

Happiness is 4-H

By FRANK H. SWEET
Extension Agent

4-H judging teams will begin practicing over the next several weeks. The first meeting of the Meats Judging Team will be next Tuesday, January 13 after school in the Extension office, and the Forestry Judging team will meet Thursday, January 15 after school in the Extension office. If 4-H'ers are interested in participating in judging programs, but have not signed up, they should let us know immediately. Judging programs provide a great opportunity for learning.

* * *

January and February have been Public Speaking months for Appomattox 4-H'ers over the past 10 years. Nearly 2,000 young people have taken part in the 4-H public speaking program over the past decades in Appomattox County. Farmers National Bank has provided ribbons and trophies for participants in 4-H public speaking since the program began in 1971.

* * *

A statewide Mini-swine Camp has been planned for the Farmville Five County Fairgrounds on Saturday, May 23. This will be the first program of its kind in our area. The goal will be to help young people who are interested in the 4-H Hog project, learn about selecting, caring for, and showing a market hog. 4-H'ers participating will have the opportunity to purchase feeder pigs for project animals. More details will be provided later to 4-H'ers who may be interested.

* * *

Appomattox 4-H'ers will attend 4-H Camp at Holiday Lake during the week of June 15-19. There is always a need for adult volunteers to attend camp with our group. 4-H parents and other interested adults often help teach special classes and assist with a variety of camp activities. Give us a call at the Extension office if you might be interested in going to camp with us as a volunteer leader.

* * *

4-H'ers are again reminded of the deadline for Pine Seedling orders which is January 23. Parents who wish additional trees (it takes approximately 800 trees to plant an acre) are encouraged to contact Mr. Wayne Bowman, Appomattox County Forester for ordering pine seedlings. Seedlings should be ordered as soon as possible.

AMERICAN FEDERAL
SAVINGS & LOAN ASSOCIATION
TRIANGLE PLAZA APPOMATTOX, VA.
EQUAL HOUSING LENDER
Michael C. Weiss
Phone: 352-7168

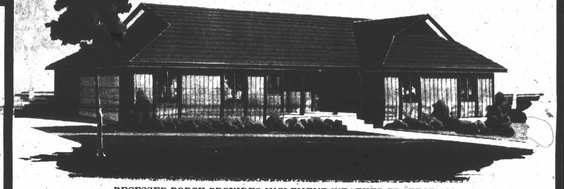
PAMPLIN Cabinet Shop
• CUSTOM CABINETS
• FORMICA TOPS
• ANY KIND OF CABINET WORK
KITCHEN NEED REMODELING?
CALL US
SHOP 248-6321 HOME 352-8462
R. M. PRICE, PROP.

Bring us your "House of the Week" plan for cost estimates.
•Building Materials •Ready-Mix Concrete
•Construction
FIFTY-FOUR YEARS OF SERVICE
To Contractors & Homeowners!
J. E. SEARS & CO., INC.
352-7138
"EVERYTHING TO BUILD ANYTHING"

Childress & Mitchell
ELECTRICAL & PLUMBING, INC.
CALL TODAY
352-7506
OR
352-7572
APPOMATTOX, VA.

Appomattox - -
a great place
to live - -
great place to own
a home!

Home of the Week



RECESSED PORCH PROVIDES INCLEMENT WEATHER PROTECTION

CONTEMPORARY PLAN HAS ORIENTAL TOUCH

FEATURE HOMES
© By W. D. Farmer

Front entry offset leads to great room, fully wide and deep enough for comfortable living area. There is a fireplace to the rear, with ash dump and gas jet.

Traffic flow is to either dual dining area or directly to kitchen. The dining area is large enough to accommodate guests and has glass sliding door to rear terrace. Access to double side entry garage and concealed laundry area are from/here. The kitchen is L-shape with exceptional cabinet space and counter top work surface, along with built-in appliances.

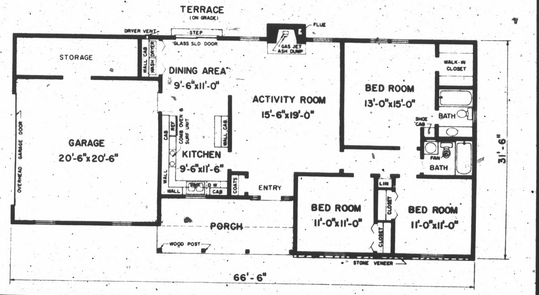
The bedroom wing includes only 1,297 square feet of heated area. All W. D. Farmer plans include special construction details for energy efficiency. For further information write W. D. Farmer Residence Designer, Inc., P. O. Box 49463, Atlanta, Georgia 30359.

The bedroom wing includes three bedrooms. Remaining two bedrooms are identical in size and include identical closet space.

Front wall changes for B front pictured are shown on actual working drawings.

The contemporary exterior is enhanced by extended ridge roof, vertical siding and wood columned recessed porch.

The plan is Number 267-B. cludes a luxurious master bedroom with private bath and walk-in closet. Central bath services daytime use and



THE CARPET HOUSE
FULL LINE OF CARPETS, VINYL, WALLPAPER & DRAPERIES
CALL FOR FREE ESTIMATE
352-8521
TRIANGLE PLAZA APPOMATTOX, VA.
HWY. 460 & RT. 15 FARMVILLE, VA.

Homes — Building Materials — Services
Read Times-VIRGINIAN Display Advertising

ADD BEAUTY AND QUALITY TO YOUR HOME
Colony Satin Tone
Appomattox Hdwe. Co. INC.
CHURCH & MAIN ST. — APPOMATTOX, VA.
PHONE: 352-7141

The Farmers National Bank
APPOMATTOX, VIRGINIA 24522
352-7171
FDIC
EQUAL HOUSING LENDER

STROUT REALTY
OPEN LISTINGS!
THE NO SALE — NO PAY WAY
Real Estate Appraisals — $20.00
THIS WEEK'S FEATURE
OLD FARM HOUSE ON 80 ACRES · 35 ACRES OPEN — EXCELLENT WATER SUPPLY — $48,000
P.O. BOX 692. APPOMATTOX, VA. 24522
CHUCK FOSTER BROKER RES: 352-5925
OFFICE 352-7833
JOHN ACKERMAN SALES REP. Res. 352-2197

BASS & MILTON CONSTRUCTION CO., INC.
REGISTERED HOME BUILDERS
CALL US FOR FREE ESTIMATES & QUOTES ON NEW HOMES — CARPORTS — GARAGES SUNDECKS & ALL TYPES OF HOME REPAIRS
EXPERIENCED BUILDERS OF Fm.H.A., V.A. ALL TYPES OF CONVENTIONAL LOANS
PHONE: DAY — 352-7065; NIGHT — 352-7540
P.O. BOX 244 — APPOMATTOX, VA.

Wilbun's SUPERMARKET

*COME IN AND REGISTER FOR A $100.00 Free GROCERY GIVEAWAY, JAN. 10th, 1981 at 4 p.m.! NO PURCHASE NECESSARY, AND YOU DON'T HAVE TO BE PRESENT TO WIN! ONE GRAND PRIZE TO BE GIVEN AWAY! REGISTER NOW!

*DOUBLE Value COUPONS MON. and TUES. ... UP TO $1.00 per COUPON!

Fresh GROUND Beef $1.29 lb.
BEEF Shortribs $1.19 lb.
FAMILY PACK Chicken 3 drumsticks... 3 thighs, 3 breasts 79¢ lb.
RICHFOOD Bacon 1-lb. PKG. $1.29
VALLEYDALE Bologna 1-lb. PKG. $1.29
TENDER AGED BEEF USDA CHOICE
BONELESS Sirloin Tip ROAST (STEAK...$2.49 lb.) lb. $2.19
WHOLE SIRLOIN TIPS 10-12 lbs. CUT FREE $1.99 lb.
1-lb. PKG. VALLEYDALE "Teen" Franks $1.29
These PRICES are GOOD JAN. 5 thru 10, 1981
QUANTITY RIGHTS RESERVED
ICEBERG LETTUCE head 39¢
VINE RIPE TOMATOES lb. 39¢
GREEN Cabbage lb. 17¢
GOLDEN RIPE Bananas 4 lbs. $1.
LAUNDRY DET. ERA 64 oz. Bot. $2.99
Giant size! DETERGENT FAB 49 oz. Box $1.59
CASHMERE Bath Soap 4 Bars $1.19
NESTLE'S HOT Cocoa Mix (12, 1 oz. envelopes) 2 Boxes $2.39
6.5 oz. CAN, STARKIST CHUNK LIGHT Tuna 89¢
22 oz. Bot., PALMOLIVE DISH Liquid 89¢
Save 30¢ 8 oz. Bot. New! WISH BONE Creamy BELL PEPPER Dressing 59¢
16 oz. Bot., WISH BONE ITALIAN Dressing 99¢
Lipton Cup-a-Soup
LIPTON Cup-a-Soup 4 Varieties 59¢
LIPTON Dry Onion SOUP MIX 3 Vars. 69¢
BANQUET Cookin' Bags 3 for $1.
WEAVER'S Party Pack Chicken 28 oz. Box $2.29
WEAVER Thighs & Drumsticks Chicken 28 oz. Box $2.59
LIPTON DRY ONION (2 varieties) Soup Mix... 2 Boxes $1.00
LIPTON Flavored Tea Bags (ALL FLAVORS!) 69¢
LIPTON EGG (ASSTD. FLAVS.) Noodles & Sauce 2 PKGS. $1.
VAN DE KAMP'S Perch Fillets 14 oz. PKG. $1.79
Mrs. Filbert's Soft Margarine 1-lb. Bowl 89¢
RICHFOOD Orange Juice 64 oz. JAR $1.19
PENN. DUTCH EGG Noodles (MED. & WIDE) 1-lb. PKG. 79¢
TIDEWATER Herring 2 15 oz. CANS $1.

The South 40

By JAMES A. SMITH
Extension Agent

Wood ashes may be used a fertilizer in the garden, but limit the amount to no more than one pound of ashes per square yard. Ashes contain sodium chloride and excessive amounts can cause a "stickiness" especially in clay soils.

Ashes contain almost no nitrogen, about 1.8 percent phosphorus, and 5.5 percent potash. Since the potash is in a form that leaches readily, store ashes in a dry place and spread just before preparing the soil next spring.

* * *

Some years ago there were materials recommended for using on Christmas greens to reduce chances of fire. For some time we have discontinued this because we are told that some so-called fire retardants sometimes do more harm than good. Some chemicals cause needles to discolor and fall off within a few days.

Nothing at this point beats making a fresh cut and keeping tree or greens in fresh water.

* * *

The National Weather Service broadcasts continuous general weather information and warnings from their own FM radio station. The Lynchburg station operates on a frequency of 162.55 MHZ. The normal listening range is 30 to 40 miles from the station.

* * *

If you are one of the many using the Extension Service Record Book no. 17, we can assist you with a farm business analysis with a computer program. If you would like to have your 1980 farm business analyzed, fill out record book 17 and 18 completely and bring them by. There is no charge for the analysis.

* * *

If you are considering applying for a Small Business Administration physical Disaster loan. We have she forms. Stop by and pick up a set if you believe you qualify and wish to borrow from this source.

* * *

A five-year study was begun in eighteen selected states in 1975 and concluded in 1979 to determine the corn plant population per acre.

In 1975 Colorado had the highest population 20,500 plants per acre, Virginia ranked 9th with 16,400 plants per acre. Five years later Colorado was still first, but the population had jumped to 23,800 while Virginia dropped into 12th place, although, the planting rate was up to 18,200 per acre.

* * *

A new study of the farm pesticide industry shows that in recent years there has been a very rapid concentration within the industry.

Where the four leading firms in 1966 accounted for 33 percent of total pesticide sales, by 1976 the top 4 had captured 59 percent of the market. The number of pesticide firms did not change a great deal over this 10-year period. There were 65 firms in 1966 and 70 a decade later.

* * *

There may be a lot of homemakers who whould disagree with these figures, but never-the-less this is what statistics show. In 1979, U. S. Consumers, on the average, used 15.9 percent of their total private expenditures for food, tobacco and beverages. In 1977, the last year for which data is available on most countries, American buyers spent 16.5 percent on these goods ,13.6 percent, if tobacco and alcoholic beverages are excluded). Figures for the past 15 years show that food, tobacco and beverags have cost Americans proportionately less and less of their disposable incomes: about 20 percent in 1965, 18 percent in 1970-72 and 17 percent in 1976.

India has the lowest disposable per capita income and the highest spent for food and non-alcoholic beverages - 59.3 percent.

Sri Lanka spent the highest percent for food, beverage and tobacco - 64.8 percent. Their tobacco expenditure was 6.6 percent, highest percent of all compared countries.

Ireland spent the most for alcoholic beverages, 12.6 percent, while India had the lowest 0.8 percent.

France had the lowest percentage going for tobacco, 1.1 percent.